



## Slow Braised Osso Buco

*By Maq Radebe – Lockyer Valley Cultural Centre*

### Ingredients

8 (175-180g each) Grain Fed Veal Osso Buco cuts  
1/2 cup Plain Flour  
1/2 cup **Brieschke's Olive Oil**  
1 brown onion, finely chopped  
1 large **Bauer's Organic Farm** Carrot, peeled, diced  
2 **Bauer's Organic Farm** Celery sticks, diced  
2 Garlic Cloves, crushed, finely sliced  
1 cup **Preston Peak** Red Wine  
2 tablespoons Tomato Paste  
4 Large Lockyer Valley Ripe Tomatoes, diced or 400g can Tomatoes, diced  
1 cup Beef Stock  
Fresh Thyme leaves  
1 Bay Leaf  
Salt & Pepper

### Method

#### Step 1

Preheat oven to 150 C. Sprinkle flour on a plate and season with salt and pepper.

#### Step 2

Coat both sides of veal in flour, shaking off excess. Heat 2 tablespoons oil in a large, non-stick frying pan over medium-high heat. Cook veal, in batches, for 2 to 3 minutes each side or until lightly browned. Transfer to an ovenproof dish.

#### Step 3

Heat remaining 1 tablespoon oil in frying pan over medium heat. Add onion, carrot, celery, garlic, thyme and bay leaf. Cook, stirring often, for 7 to 8 minutes or until soft. Increase heat to high and add the tomato paste. Deglaze with wine and cook for 2 minutes. Stir in tomatoes and add stock. Bring to the boil. Pour over veal. Cover and bake for 1 1/2 hours.

#### **Step 4**

Uncover and cook for a further 30 minutes or until veal is very tender and sauce reduces slightly. Remove bay leaf.

#### **Step 5**

Divide soft polenta between serving plates. Top each with 2 veal pieces. Spoon over sauce and serve with Lockyer Valley Broccolini drizzled with Brieschke's Olive Oil.

## **Emmo's Goats Cheese Soft Polenta**

### **Ingredients**

150g piece Smoked **Schulte's Meat Tavern** Bacon/Speck  
2 Sprigs Thyme  
1 Bay Leaf  
2 Whole Black Peppercorns  
1 Garlic Clove, crushed  
1L **Emmo's Fine Foods** Goat's Milk (can be substituted with Cow's Milk)  
170g/1 cup Fine Polenta  
50g **Emmo's Fine Foods** Goats Cheese (can be substituted with Parmesan)

### **Method**

#### **Step 1**

Place bay leaf, thyme, peppercorns, garlic, bacon and milk in a saucepan. Bring a simmer for 5 minutes. Remove from heat before it boils. Let it sit for 30 minutes.

#### **Step 2**

Strain milk into another saucepan and bring to the simmer. Watch it carefully with whisk in hand and polenta nearby so you can catch it before it boils.

#### **Step 3**

As it comes to a boil, slowly rain in the polenta with one hand and whisk with the other.

#### **Step 4**

Once it comes to the boil, turn the heat down low, throw in a large pinch of salt and continue to whisk at regular intervals.

#### **Step 5**

Remove from heat and gently fold in goats cheese.